



# Your Ex-Factor: Overcome Heartbreak and Build a Better Life

*Stephan B. Poulter Ph.D.*

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Over two-thirds of American families are "blended," which means they are made up of remarried adults and often stepchildren. Although it's good news that many divorced people remarry, the bad news is that too many of them carry the animosities and negative behavior patterns of their former heartbreaks into their new situation.

In this supportive and uplifting book that is aimed at both men and women, Dr. Stephan B. Poulter—acclaimed author of *The Father Factor* and *The Mother Factor*—tackles this pervasive problem with great sensitivity and understanding. Dividing the work into three parts, Dr. Poulter takes the reader step by step from the anguish of divorce to the security of a stronger and more fulfilling future attachment.

In part one, he explains how breakups happen and explores the challenges of dealing with the emotional wreckage, from guilt and anger to feelings of rejection and despair. Part two describes five relationship styles and helps readers develop insight into their own styles so that present and future relationships can grow in a healthy and refreshed atmosphere. In part three he shows ways to go beyond blame, tension, and other "ex-factors" and objectively assess inner needs. As Dr. Poulter shows, the key to forming lasting bonds with another is discovering exactly what one needs to feel loved.

Your Ex-Factor will be a welcome resource to anyone trying to move forward beyond the pain of emotional loss and rediscover the joys of loving again regardless of prior history, circumstances, "old baggage," or fears. This invaluable guide will open your eyes to promote healthy and truly fulfilling relationships now and into the future.

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